

March 2011

Health Matters

Get Strong 101

Strength and conditioning moves are designed to get every 'body' strong and feeling great fast! Anybody, at home, can try this routine of 5 moves performing each one for 10 seconds back to back, then rest for 30 seconds and repeat. Slowly build up to 30 second intervals and eventually a 10-15 minute workout routine.

Standing Lunges (alternate legs): stand with feet together, lunge forward with one leg, then bring it back. Repeat.

Squat Hops: stand in low squat position, arms bent at elbows, jump up through the toes, and land on two feet (toe ball to heel), in low squat position (see picture). Repeat.

Sit to Stand: sit on the floor with knees up, push with one hand and stand up. Repeat.



Balance 747: stand on one foot, lifting other leg straight up and to the back, arms out like a plane. Balance.

Quickness Foot Tap: place a ruler on the floor in front of you. Staying on your toes, step over it onto one foot then the other, then backwards over the ruler, one foot then the other. You can chant "up, up, down, down". Start slowly then increase speed and swing your arms in a running fashion.

For more Strength and Conditioning ideas see Support and Resources under Quick Links at www.actionschoolsbc.ca.



Celebrate Food... From Field to Table!

Dietitians of Canada's Nutrition Month 2011 campaign focuses on a celebration of food – right from where it's grown all the way to tasty, healthy food on our tables.

One way to eat healthier is to cook at home as often as possible. When preparing healthier foods, look for ingredients with lots of nutrients, such as vegetables, fruits, whole grains, lean meats, legumes (beans, peas and lentils), lower fat milk products and healthy oils like canola and olive.

The Bake Better Bites: Recipes and Tips for Healthier Baked Goods book includes recipes that meet the *Guidelines for Food and Beverage Sales in BC Schools* as well as tips to make your favourite recipes healthier. This is a handy resource for bake sales at schools that need to meet the Guidelines to ensure that we are supporting healthy children who are more ready to learn. This book and other resources are available at www.healthyeatingatschool.ca.

Banana Roll Up: Spread pea butter or other spread on a whole grain tortilla. Place peeled banana on one edge of the tortilla and roll to wrap the banana. Cut into 1 inch thick pieces.

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or Kathy.Romses@vch.ca. If you have general nutrition questions, call **Health Link at 811** and ask to speak to a dietitian or visit www.HealthLinkBC.ca.